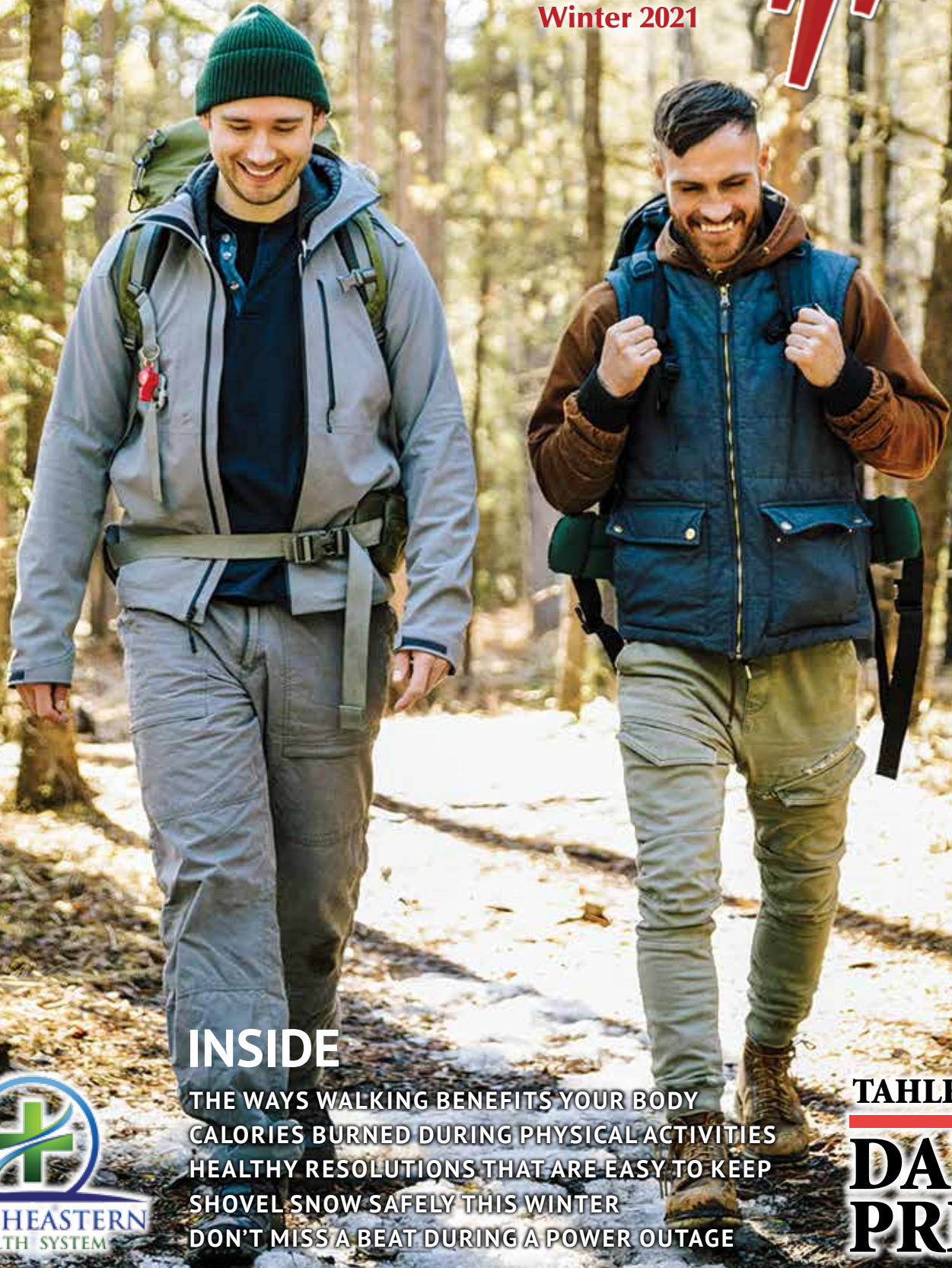


# HealthWatch

Health Care in Northeastern Oklahoma  
Winter 2021



## INSIDE

THE WAYS WALKING BENEFITS YOUR BODY  
CALORIES BURNED DURING PHYSICAL ACTIVITIES  
HEALTHY RESOLUTIONS THAT ARE EASY TO KEEP  
SHOVEL SNOW SAFELY THIS WINTER  
DON'T MISS A BEAT DURING A POWER OUTAGE



**TAHLEQUAH**  

---

**DAILY**  
**PRESS**

# YOUR HEALTHCARE, CLOSE TO HOME.



As part of Saint Francis Health System, Oklahoma's largest healthcare network, Warren Clinic offers an extensive range of high-quality primary care and specialty services in Muskogee and Fort Gibson.

*For more information about Warren Clinic or to make an appointment, please call Saint Francis HealthLink at 1-918-488-6688, toll-free at 1-888-488-6014 or visit [saintfrancis.com/muskogee](http://saintfrancis.com/muskogee).*

## **CARDIOLOGY/ CARDIOVASCULAR CARE**

**3340 West Okmulgee Avenue**  
Debasish Chaudhuri, M.D.  
Satish Kohli, M.D.  
Tammy Stiles, APRN-CNP

**101 Rockefeller Drive**  
John Evans, D.O.  
Bryan Lucenta, M.D.

## **FAMILY MEDICINE**

**101 Rockefeller Drive**  
Robert Shepler, D.O.

**108 Lone Oak Circle, Fort Gibson**  
Charity Johnson, D.O.  
Charlotte Chance, APRN-CNP  
Alicia Childs, APRN-CNP

**3332 West Okmulgee Avenue**  
Sr. Gianna Marie Savidge, R.S.M., M.D.

**3506 West Okmulgee Avenue**  
Rebekah Kriegsman, D.O.

## **GENERAL SURGERY**

**101 Rockefeller Drive**  
Richenda Herren, M.D.  
Sumit Kumar, M.D.

## **INTERNAL MEDICINE**

**3332 West Okmulgee Avenue**  
David Kyger, M.D.  
Sr. Grace Miriam Usala, R.S.M., M.D.

## **OB/GYN**

**3504 West Okmulgee Avenue**  
Jonathan Baldwin, M.D.  
Edwin Henslee, M.D.

**108 Lone Oak Circle, Fort Gibson**  
Sarah Poplin, APRN-CNM

## **ONCOLOGY**

**300 Rockefeller Drive**  
Fuad Hassany, M.D.

## **ORTHOPEDICS AND SPORTS MEDICINE**

**2900 North Main Street**  
Peter Fast, M.D.  
Ronald Hood, M.D.

## **OTOLARYNGOLOGY (EAR, NOSE AND THROAT)**

**101 Rockefeller Drive**  
Edgar Boyd, M.D.

## **PODIATRY**

**101 Rockefeller Drive,  
Suite 204**  
Patrick Branagan, D.P.M.  
Kevin Dux, D.P.M.

## **PSYCHIATRY**

**211 South 36th Street**  
Paul Matthews, D.O.

## **RADIATION ONCOLOGY**

**300 Rockefeller Drive**  
Selamawit Negusse, M.D.

 **WarrenClinic**  
*Muskogee*

*A part of Saint Francis Health System*

 **SaintFrancis**  
*Hospital Muskogee*



**Publisher: Gary Jackson**  
publisher@tahlequahdailypress.com

**Editor: Kim Poindexter**  
kpoindexter@cnhi.com

**Advertising Director: Marci Diaz Apple**  
mapple@muskogeephoenix.com

**Cover & Page Design: Juanita Lewis**  
jlewis@tahlequahdailypress.com

**Advertising:**  
**Heather Ruotolo**  
hruotolo@tahlequahdailypress.com  
**Joe Mack**  
jmack@tahlequahdailypress.com

**TAHLEQUAH** HealthWatch is a quarterly publication of the  
**DAILY** Tahlequah Daily Press. For advertising opportu-  
**PRESS** nities, call a member of the advertising team at  
918-456-8833.

www.tahlequahdailypress.com



## HealthWatch

# CONTENTS

- 4 THE WAYS WALKING BENEFITS YOUR BODY
- 5 CALORIES BURNED DURING PHYSICAL ACTIVITIES
- 6 HEALTHY RESOLUTIONS THAT ARE EASY TO KEEP
- 9 SHOVEL SNOW SAFELY THIS WINTER
- 10 DON'T MISS A BEAT DURING A POWER OUTAGE
- 11 WHY THE FLU SHOT IS SO IMPORTANT IN 2020
- 12 RESOLUTIONS THAT CAN BENEFIT THE PLANET
- 14-15 PREVENTIVE CARE AND THE PANDEMIC  
HOW TO AVOID FOGGY EYEGLASSES





**A Different Kind of Care**  
The Program of All-Inclusive Care for the Elderly

## Cherokee Elder Care

**A community PACE program**

1387 W 4th St., Tahlequah OK 74464

### Qualifications

- Be at least 55 years old
- In need of some level of nursing home care
- Be able to live safely in the community
- Live within the service area, CEC covers several zip codes

Thousands of families across America have found a different and better kind of care for their aging loved ones through a Program of All-inclusive Care for the Elderly (PACE). What these PACE families have experienced is a program that provides and coordinates all the different care their loved one needs so they can keep living at home even when they need care traditionally provided in a nursing home.

**This care includes:**

<i>Primary and Specialty Medical Care</i>	<i>Adult day centers</i>	<i>Medications</i>
<i>Personal Care</i>	<i>Rehabilitation</i>	<i>Transportation</i>

At PACE, when care is prescribed by the team of doctors, nurses, therapists, and others overseeing your loved one's health, the amount they pay each month will not change no matter what care and services they might need. Because PACE provides and is responsible for all care, PACE participants may be financially responsible for any care received outside the program that is not approved by the PACE interdisciplinary team. If your loved one is eligible, PACE is covered by Medicare and/or Medicaid or an individual can private pay. Individuals do not have to be Native American to qualify.



**Call us at 918-453-5554 or visit us at <http://eldercare.cherokee.org> to discuss your options.**

\* Individuals DO NOT have to be Native American to qualify • CEC PACE participants may be liable to the cost of services obtained without their CEC teams approval.



# The ways walking benefits your body

Life changed dramatically in 2020. When the World Health Organization declared a COVID-19 pandemic in March 2020, hundreds of millions of people across the globe were forced to change how they go about their daily lives, including how they exercise.

Health-conscious adults accustomed to exercising at local gyms had to find new ways to exercise in the wake of the pandemic. Many gyms were forced to close in areas hit hard by COVID-19, and that left many people without access to fitness equipment like weights and cardiovascular machines. Resilient men and women soon found ways to exercise, and many of them embraced walking.

Though walking might not provide the same level of intensity that fitness enthusiasts are accustomed to, the Arthritis Foundation® notes the various ways walking benefits the body.

- Walking protects against heart disease and stroke. Walking strengthens the heart and protects it against heart disease. The AF also notes that walking lowers blood pressure. In fact, post-menopausal women who walk just one to two miles per day can lower their blood pressure by nearly 11 points in 24 weeks, while women who walk for 30 minutes a day can reduce their risk of stroke by 20 percent.
- Walking strengthens the bones. New York-based Plancher Orthopedics and Sports Medicine notes that walking can stop the loss of bone mass for people with osteoporosis. In addition, post-menopausal women who incorporate 30 minutes of walking into their daily fitness regimens can reduce their risk of hip fractures by 40 percent.
- Walking can extend your life. The AF notes that one study linked walking to longer life expectancy, finding that people who exercise regularly in their fifties and sixties were 35 percent less likely to die over the next eight years than people who never walked.
- Walking can improve mood. One study from researchers at California State University, Long Beach, found that the more steps people taking during the day, the better their moods were.

• Walking can lower risk for cognitive decline. Walking also has been linked to a lower risk for age-related cognitive decline. A study from the University of Virginia Health System found that men between the ages of 71 and 93 who walked more than a quarter of a mile per day had half the incidence of dementia and Alzheimer's disease compared to men who walked less. In addition, a study from researchers at the University of California, San Francisco, found that age-related memory decline was lower among women ages 65 and older who walked 2.5 miles per day than it was among women who walked less than half a mile per week.

Foot traffic increased as people were forced to find new ways to exercise during the COVID-19 pandemic. Walking is a great way to stay in shape and even provides some lesser known benefits for people who walk each day.

### DID YOU KNOW?

People looking for a good cardiovascular or aerobic exercise may not need to invest in a gym membership or treadmill. According to Rally Health®, a digital health experience that helps you make simple changes in your daily routine, walking can be an effective cardio exercise if one goes at a brisk pace of at least three miles per hour. Walking at this pace can effectively push the heart and lungs to work hard without adversely affecting the joints in the way that other aerobic exercises might. Harvard Health says that walking of any kind can help people maintain healthy weights, lower their risk for various diseases, keep blood pressure in check, lift mood, and strengthen bones. A number of studies also show that walking can help people improve memory and avoid age-related memory loss.

# How many calories are burned during popular physical activities?

**B**urning calories is often a focal point of weight loss efforts. People go to great lengths to burn more calories, but they might be surprised to learn how many they can burn performing relatively routine physical activities.

Men and women also may be surprised to learn that they burn calories differently from one another. According to the Mayo Clinic, men usually have less body fat and more muscle than women of the same age and weight. As a result, men typically burn more calories than women, though body size and composition also affects how many calories a person will burn while performing a given activity. For example, a man who is larger and has more muscle than another man his age will burn more calories, even if both men perform the same activity with the same level of intensity.

The U.S. Department of Agriculture cites the following calorie-burning figures for a 154-pound, 5'10" man who performs certain physical activities. Women likely won't burn as many calories performing these activities, but each activity can still be an effective way for men and women to burn more calories.

- **Walking** (3.5 miles per hour): In 30 minutes, a man can expect to burn 140 calories. A man who walks 4.5 miles per hour will burn approximately 230 calories. The online health resource Healthline.com notes that a 125-pound person may burn roughly 150 calories walking for 30 minutes at 4.5 miles per hour.

- **Hiking:** A man will burn roughly 185 calories in 30 minutes of moderate-intensity hiking. Women won't burn as many calories, but both moderate and vigorous hiking are great ways to burn calories regardless of a person's gender.

- **Light gardening/yard work:** A man will burn approximately 165 calories in 30 minutes performing light gardening/yard work, while he will burn roughly 220 calories performing more physically taxing yard work like chopping wood. A 125-pound

person will burn roughly 135 calories after 30 minutes of light gardening.

- **Cycling:** Men can burn roughly 145 calories cycling at 10 miles per hour or less for 30 minutes. That figure jumps to 295 calories when men ride at 10 miles per hour or faster. Healthline notes that a 125-pound person can burn roughly 210 calories in 30 minutes when riding between 12 and 13.9 miles per hour.

- **Playing with children:** Play sessions with the kids can help both moms and dads burn calories. Healthline notes that a 155-pound person may burn 149 calories in 30 minutes of playing with kids at moderate intensity, while a 125-pound person will burn roughly 120 calories in the same time.

No two individuals are the same, so it can be hard for men and women to pinpoint just how many calories they burn performing popular physical activities. But

there's no denying that many of the activities adults engage in every day afford them ample opportunities to burn calories.





## FISCAL FITNESS CENTER

Keep your finances in tip-top shape!

BancFirst.tv/Fiscal-Fitness-Center



[@bancfirstok](https://www.bancfirstok.com)



**Loyal** To Oklahoma & You.<sup>SM</sup>

MEMBER FDIC



# Healthy resolutions that are easy to keep

**T**he dawn of a new year is a great time to take stock of the year that just passed and set goals for the next 12 months. Resolutions focused on improving personal health are especially popular, and for good reason. Improving one's overall health can have positive implications for years to come.

Even with the best intentions, resolutions have historically proven hard to keep. Simplifying health-based resolutions can lead to a higher success rate and a healthier you.

- **Walk more.** It is easy to get preoccupied with the "10,000 steps per day" mantra that many people follow and that certain fitness trackers promote. Walking 10,000 steps daily, which equates to roughly five miles per day, is a healthy goal, but it may not be realistic for everyone. Take stock of how many steps you currently take each day, and then resolve to walk 2,000 more. As your body acclimates to walking more, add another 2,000 steps, continuing to do so until you reach 10,000 steps.

- **Learn something new about being healthy.** Informed health decisions require gaining a greater understanding of your body. Rely on a reputable source such as the Centers for Disease Control and Prevention to learn more about how to be healthy.

- **Spend less time on social media.** Staring at your phone or tablet for multiple hours browsing tweets or checking messages might not be the best thing for your physical and mental health. Browsing the internet may take up time that could be better spent engaging in physical activity.
- **Eat more whole foods.** Whole foods, including vegetables, fruits, nuts, seeds, whole grains, and fish, contain various nutrients the body needs to function at peak capacity. These foods may help reduce the risk of many diseases and help people maintain healthy body weights. Start slowly by introducing a new whole food to your diet each day. A gradual approach is more manageable than going on a drastic diet.

- **Avoid sweetened beverages.** You are what you eat, but also what you drink. A report published in 2006 in the American Journal of Clinical Nutrition found consumption of sugar-sweetened beverages, particularly carbonated soft drinks, may be a key contributor in the epidemic of overweight and obesity. Skip sweetened beverages (even fruit juices can be unhealthy if consumed in excess) and opt for more water or unsweetened teas.

- **Find a physical activity you like.** Rather than resolving to join the gym or signing up for a 5K because it's what everyone is doing, find a physical activity you truly enjoy and aim to do it a few times a week. Maybe it's a sport like tennis or recreational cycling with the family. But if the idea of a gym membership excites you, then by all means sign up.

## Young Foot & Medical Clinic



- Foot & Primary Medical Care
- Diabetic & Neuropathy Needs
- We take most insurance and SoonerCare

Michael W. Hammond D.C. M.D.  
Brian Cookson APRN, CNP  
Paula Young LNHA

1607 S. Muskogee Ave. Ste. C  
Tahlequah, OK 74464  
918-772-5456



NORTHEASTERN  
HEALTH SYSTEM

# DISCOVER

## A GREAT PLACE TO LIVE & WORK IN THE HEART OF NORTHEAST OKLAHOMA.

### NORTHEASTERN HEALTH SYSTEM

offers the best of both worlds to nurses; competitive pay and benefits with exceptional opportunities for career development in an atmosphere of respect.

**\$200,000** Given in scholarships to our employees in 2019



NHS-OK.ORG | 1400 EAST DOWNING, TAHLEQUAH | 918.456.0641  



NHS Welcomes New Surgeon  
**DR. CHRIS SUTTERFIELD**

*Performing Arterial Venous Fistula Creation for Dialysis*

Dr. Sutterfield is at NHS in Tahlequah weekly at the Medical Park Outpatient Surgery Center.

**SPECIALTY PROCEDURES INCLUDE:**

- Tunneled Dialysis Catheter (TDC) Placement
- Peritoneal Dialysis Placement (PD)
- Arterial Venous (AV) Fistula Creation for Dialysis

**"DR. SUTTERFIELD'S AGREEMENT TO JOIN THE TEAM ALLOWS NHS TO HOST ANOTHER SERVICE LINE IN TAHLEQUAH, GIVING OUR PATIENTS THE ABILITY TO RECEIVE HIGH QUALITY HEALTHCARE CLOSE TO HOME."**

*-Brian Woodliff, NHS President and CEO*

**FOR APPOINTMENT, PLEASE CALL 918-506-6830**



# Shovel snow safely this winter

**T**he beauty of freshly fallen snow is undeniable. Such beauty compels millions of people across the globe to ski and snowboard each winter, while millions more enjoy simply looking out their windows at snow-covered landscapes.

If it was as convenient as it is beautiful, snow would likely be welcomed with open arms whenever the local weatherperson includes it in his or her forecast. But heavy snowfall can be inconvenient, making it difficult to travel and even creating more work for individuals responsible for shoveling their driveways and walkways.

Shoveling snow can increase a person's risk for injury, and some may be surprised to learn just how frequently such injuries happen. The U.S. Consumer Product Safety Commission notes that, in 2018, more than 137,000 people needed medical assistance for injuries that happened while shoveling snow or using snowblowers.

Sprains and strains in the back and shoulders are the most common injuries when shoveling snow. But people also can suffer lacerations and injuries related to below-freezing temperatures when shoveling snow. The American Academy of Orthopaedic Surgeons recommends people keep these safety precautions in mind when shoveling snow this winter.

- Stretch before shoveling. Just like you would do before exercising in a gym, stretch prior to picking up your snow shovel. Warm up your muscles with some light exercise for 10 minutes to reduce your risk of sprains, strains and muscle tears.

- Stay hydrated and take frequent breaks. The AAOS notes that snow shoveling and snow blowing are aerobic activities. Such activities require participants to be hydrated. In addition, taking frequent breaks can help prevent injuries.

- Avoid shoveling snow if

you're at risk for heart attack. Some people should avoid shoveling snow entirely. According to the Harvard Medical School, researchers correlated hospital admissions and deaths due to heart attack the day after it snowed in Canada between 1981 and 2014. Researchers found that the deeper the snow, the more men died of heart attacks. In fact, researchers found that there was a 34 percent increase in heart attack deaths the day after an eight-inch snowfall, and those rates increased when snowfall increased. Most deaths were men, but both men and women who are at risk of heart attack should avoid shoveling snow, particularly after heavy snowfall. Adults who are unsure of their heart health should consult with their physicians prior to shoveling snow.

- Use the right equipment. Ergonomic snow shovels can make shoveling less taxing, reducing your risk for sprains and strains. Spacing hands on the tool grip can increase leverage, making shoveling easier and less likely to lead to injury.

- Pushing snow instead of lifting it. The AAOS recommends pushing rather than lifting snow when possible. If snow must be lifted, squat with your legs, knees bent and back straight. When lifting, lift with your legs and do not bend at the waist. Scoop small amounts of snow at a time and walk to where you want to dump. The AAOS warns against holding shovels full of snow with arms outstretched, as doing so puts too much weight on the spine. Snow should not be thrown over the shoulder, as such a technique requires a twisting motion that puts stress on the back. In addition, the AAOS notes that heavy wet snow should be removed in pieces and not all at once.

Anyone can get injured while shoveling snow. Such injuries are preventable when certain safety measures are taken.



# Don't miss a beat during a power outage

**S**hort-term power outages can be a minor inconvenience. A long-term power outage can cause a major disruption to daily life.

The U.S. Energy Information Administration's Annual Electric Power Industry Report says interruptions in electric service vary by frequency and duration across the many electric distribution systems that serve the country. In 2016, the most recent year for data, customers experienced an average of 1.3 interruptions and went without power for around four hours.

When a storm strikes or an accident knocks out electric power lines or other infrastructure, it may take much longer for power to be restored. During Superstorm Sandy in 2012, more than eight million people lost power and outages lasted for days in some major cities. Outlying areas were without power for weeks, according to National Geographic. It's important to know how to handle a power outage to keep everyone safe and comfortable until power can be restored.

## Invest in a generator

If you live in an area that is affected by frequent power outages, a power generator may prove a worthwhile investment. Generators come in two basic types. A portable generator can be rolled into place and uses gasoline as fuel. Plug in a set number of household items, depending on the amount of power the appliance can accommodate. A whole-house generator can be hard-wired to a home's electrical system and automatically engage should a power outage occur.

## Prepare in advance

In anticipation of a power outage, stock up on battery-powered devices like flashlights, lanterns and radios. Charge mobile phones and other devices so they're at 100 percent power.

Keep a cache of nonperishable food available and plan to use any perishable items that are in the refrigerator first. A refrigerator can keep food cold for about four hours after power has ceased, states Ready.gov, while a freezer can keep the temperature for about 48 hours if full. Packing these appliances with ice or frozen bottles of water can help.

Purchase books, board games and puzzles to have activities to pass the time until power resumes.

## During a power outage

Report the power outage to the power company if it seems localized; otherwise, wait for updates to see who is affected.

Try to remain cool or warm if the HVAC system is not functioning. Pool resources by having everyone in the family gather in one room of the house. Older adults and children are especially vulnerable to extreme temperatures.

Maintain food supplies that do not require refrigeration, including two gallons of bottled water per individual. People who take refrigerated medications should only ingest drugs that have been at room temperature until a new supply is available, advises the Centers for Disease Control and Prevention.

Power outages routinely occur and require planning and safety precautions until power is restored.





## NHS Welcomes Cancer Specialist **DR. THEODORE POLLOCK** D.O.

Dr. Pollock brings a wealth of knowledge and over 30 years of experience to our Hematology, Oncology and Infusion Services team. Dr. Pollock is a member of the American Society of Clinical Oncology, Fellow American College of Osteopathic Internists and American Osteopathic Association.

**ONE OF OUR TOP PRIORITIES IS ENSURING THE COMMUNITY HAS ACCESS TO LOCAL CARE. WE WELCOME DR. POLLOCK TO THE NORTHEASTERN HEALTH SYSTEM FAMILY TO ENHANCE HEMATOLOGY, ONCOLOGY AND INFUSION SERVICES.**

*-Brian Woodliff, NHS President and CEO*

### ***Service and Specialties include:***

- Over 30 years experience treating cancer patients
- Specializes in Hematology, Oncology and Infusion Services
- Treats a number of malignancies with a particular focus on lung cancer

**FOR APPOINTMENT, PLEASE CALL 918-772-4523**



## New Year's resolutions that can benefit the planet

**N**ew Year's resolutions are typically made by individuals looking to improve their lives. Some people may resolve to read more, while others may be determined to start living healthier lifestyles. Men and women who want to improve their lives while also contributing to the greater good may want to tailor their resolutions around protecting the planet.

Eco-friendly New Year's resolutions may benefit individuals in some surprising ways. While men and women no doubt recognize the long-term benefits of protecting the planet they call home, the following resolutions also provide some more immediate benefits.

- **Unplug set-top cable boxes.** It's not an especially time-consuming commitment, but unplugging set-top cable boxes and DVRs when they're not being used can reduce carbon dioxide emissions and save substantial amounts of energy. A 2011 study from the National Resources Defense Council found that the electricity required to operate set-top cable boxes resulted in 16 million tons of CO<sub>2</sub> emissions in the United States alone. The electricity needed to operate such boxes also costs American households more than \$3 billion per year. The same study found that two-thirds of that energy consumption occurs when viewers are not watching or recording content. By unplugging these devices when they are not in use, people can save money and greatly reduce CO<sub>2</sub> emissions.

- **Support sustainable agriculture.** According to the Grace Communications Foundation, an organization devoted to increasing public awareness of the critical environmental and public health issues created by the industrial food system, sustainable agriculture is the production of food, fiber, or other plant or animal products using farming techniques that protect the environment. Sustainable agriculture also employs farming techniques that protect public health and ensure the welfare of animals. Sustainable farms do not use chemical pesticides, synthetic fertilizers or genetically modified seeds, and such farms take steps to prevent the degradation of soil, water and other natural resources.

- **Cut back on driving.** Men and women who can find ways to reduce the amount of time they spend behind the wheel can reduce vehicle emissions that harm the planet and cut back on fuel consumption. Reducing fuel consumption also reduces

the fuel consumed and emissions produced by the trucks that transport that fuel from the refinery to the gas station. If possible, bike to work or take public transportation. People who live in more remote areas where biking or public transportation is not feasible can organize office car pools.

- **Spread the word.** Another easy way that eco-friendly men and women can resolve to benefit the planet is to spread the word about issues facing the climate and what everyday citizens can do. Former U.S. Vice President Al Gore's Climate Reality Project aims to unite people from all walks of life in an effort to encourage their leaders to focus on the climate. The project's Climate Reality Leadership Corps is a global network of activists working to spread awareness about the climate and how to address the issues facing it.

Eco-friendly New Year's resolutions, even those that require little effort, can have a profound impact on the planet.

### DID YOU KNOW?

According to the United Nations Environment Programme, each year 6.5 million people across the globe die prematurely because of poor air quality. Roughly two-thirds of those deaths are attributed to indoor air pollution from cooking, and the vast majority of these deaths occur in low- and middle-income countries. In fact, the UNEP notes that just 19,000 of the more than 4.3 million deaths that are attributed to indoor air pollution from cooking occur in high-income countries like the United States and Canada. While air pollution may call to mind images of emissions from gas-guzzling vehicles or fuel-burning factories, indoor air pollution poses a significant threat, leading to respiratory infections that cause the deaths of 800,000 children every year. One way to combat indoor air pollution is to use only clean cooking and heating stoves. Supporting programs that provide such options to low- and middle-income rural communities is another way that ordinary citizens can combat the threat posed by indoor air pollution. Learn more by visiting the United Nations Environment Programme at [www.worldenvironmentday.global/en](http://www.worldenvironmentday.global/en).



# NHS Welcomes General Surgeon **DR. CYNTHIA NYDICK**

Dr. Nydick comes to NHS with extensive experience and looks forward to serving the local community she calls home. Dr. Nydick will be available to see patients at the NHS Surgery Clinic located at 205 Harris Circle, Suite 202.

**"DR. NYDICK IS AN INCREDIBLY TALENTED SURGEON. SHE IS A COMPASSIONATE PHYSICIAN. SHE IS A WONDERFUL HUMAN BEING. I AM BEYOND THRILLED THAT SHE IS JOINING OUR MEDICAL STAFF, AND I AM LOOKING FORWARD TO WORKING ALONGSIDE HER TO THE BENEFIT OF OUR PATIENTS AND COMMUNITY."**

*- Jack Myers, D.O., Chief of Surgery*

**Specialty Procedures include:**

- Abdominal Surgery
- Breast Surgery
- EGD & Colonoscopy Procedures
- General Surgery
- Skin & Soft Tissue Surgery
- Vasectomy Surgery

**FOR APPOINTMENT, PLEASE CALL 918-207-1410**

## Watch for symptoms

Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus disease 2019 (COVID-19) cases.

The following symptoms may appear 2-14 days after exposure.\*



Fever  
Cough

Shortness of breath

\*This is based on what has been seen previously as the incubation period of MERS-CoV viruses.

SOURCE: CDC.GOV

Call your doctor: If you think you have been exposed to COVID-19 and develop a fever and symptoms, such as cough or difficulty breathing, call your healthcare provider for medical advice.

# Coronavirus

## Preventive care and the pandemic

Procrastination is not typically considered a good thing. But as the world spent much of 2020 confronting the COVID-19 pandemic, putting certain things on hold became part of the new normal.

In an effort to reduce infection rates, public health officials with the Centers for Disease Control and Prevention and the World Health Organization urged people to limit their in person interactions with people outside of their own households. As a result, many of the things people do on a regular basis, including seeing their physicians for wellness visits, were rescheduled.

It's understandable that many people postponed preventive care and wellness visits during the pandemic, but it's also potentially dangerous. For example, researchers with the Health Care Cost Institute found that childhood vaccinations declined by roughly 60 percent in mid-April 2020 compared with

2019. Other screenings and preventive exams, including mammograms, pap smears and colonoscopies, also declined by significant percentages during the pandemic compared to the previous year.

The National Center for Chronic Disease Prevention and Health Promotion notes the power of preventive care is undeniable. In fact, the NCCDPHP points out that, while chronic diseases are among the most common and costly of all health problems, they're also among the most preventable. Annual wellness visits and early detection efforts like routine screenings for at-risk populations can uncover problems before they escalate into something more serious. In addition, annual physicals, which are provided free of charge through many health insurance policies, provide great opportunities for doctors to advise patients on their overall health and how to improve it if exams and blood work turn up any red flags.

## How to avoid foggy eyeglasses

Billions of people across the globe need eyeglasses to drive a car, read a book, watch television, and perform a host of other tasks of daily life.

Although glasses are highly effective, people who wear them understand they may have to make a few concessions while doing so. Unlike contact lenses, which sit directly on the eye, glasses rest on the bridge of the nose. They may slightly impede peripheral vision or even slip down if not properly fitted. Those accustomed to wearing glasses in the cold weather understand fogging of the lenses is a nuisance they may be forced to confront. That nuisance became even more profound when masks became a must-have accessory to help curb the spread of the COVID-19 virus.

Glasses may fog due to the formation of condensation on the lens surface, which happens when moving from a cold outdoor environment into a warm indoor one. This is a problem that has affected eyeglass wearers for some time, including health professionals who often wear masks. The issue has become even more widely known due to the sheer number of people who have been wearing face masks as a public health safety measure.

So how does one counteract the condensation and fogging that occurs from both winter weather and increased mask usage? There are a few different methods, but eyeglass wearers should always consult with an optometrist to verify the safety and efficacy of any method before trying it.

# Disease 2019 (COVID-19)

## Visiting a doctor during the pandemic

As vital as preventive care can be, it's understandable if people are hesitant to visit their doctors during the pandemic. But patients can take certain steps to calm their nerves about booking preventive care appointments during the pandemic.

- Schedule telemedicine appointments. The number of telemedicine appointments has skyrocketed during the pandemic. While the transi-

tion from predominantly in-person appointments to telemedicine might have been a reluctant and rocky one at the start of the pandemic, many doctors' offices have since firmly established their telemedicine protocols. The Mayo Clinic advises patients who have not yet tried telemedicine to contact their doctors' offices to arrange an appointment.

- Inquire about office procedures. Doctors try to keep patients healthy, not get them sick. Various medical organizations, including the American Academy of Family Physicians, have

provided thorough checklists to help physicians prepare their offices to welcome patients during the pandemic. Patients can ease their concerns by contacting their doctors' offices and asking them about their pandemic-related protocols.

- Don't hesitate to make requests. There's no such thing as being too safe from COVID-19, so patients can work with their doctors to calm their fears even further. Ask to pay copays over the phone and request that the front desk call you when the doctor is ready so you don't have to sit in the waiting room.



## If you develop symptoms

If you develop emergency warning signs for COVID-19 get medical attention immediately. Emergency warning signs include\*:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

SOURCE: CDC.GOV

A Cherokee Nation call center (1-833-528-0063) has been established for tribal citizens who have questions about the coronavirus.

### Use soapy water

A 2011 study published in the Annals of The Royal College of Surgeons of England found that washing eyeglasses in soapy water and shaking off the excess can help reduce fogging. Afterward, let the spectacles air dry before putting them back on. The soapy water leaves behind a thin surfactant film that reduces surface tension and causes the water molecules to spread out evenly into a transparent layer. This can help prevent fogging.

### Use a commercial product

Antifogging products are widely used to prevent fogging of scuba masks or ski goggles.

### Get a mask that fits tightly

Make sure the mask fits securely over the nose, advises The Cleveland Clinic. Also, a mask with a nose bridge will help keep warm exhaled breath from exiting up to the glasses. Use your

glasses to help seal the mask on your face by pulling the mask up higher on the nose.

### Block breath with a tissue

The AARP suggests placing a folded tissue between your mouth and the mask. The tissue will absorb the warm, moist air, preventing it from rising up to reach the glasses.

### Adjust the fit of glasses

Choosing glasses that sit further away from the face can improve air circulation and reduce the formation of condensation.

### Consider other options

If these tricks seem like a lot of work, you also can speak to an eye doctor about contact lenses or eye surgery.

Fogging of glasses has been a problem for some time, but has become more widespread thanks to the use of masks during the pandemic.

# URGENT CARE

WALK-INS WELCOME



*Thank you*

**10,617**

**PATIENTS TRUSTED  
US WITH THEIR  
CARE LAST YEAR.**



**URGENT CARE**



**NORTHEASTERN  
HEALTH SYSTEM**

1203 E. ROSS ST., SUITE #A, TAHLEQUAH | 918.453.1234 |

